

February 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 5:45 pm Jazzercise/ Samantha	2	3 8:30 am Jazzercise/ Jennifer
4	5 5:45 pm Bod Sculpt/ Samantha	6 5:45 pm Jazzercise/ Laura	7 5:45 pm Jazz Lite/ Jennifer	8 5:45 pm Jazzercise/ Samantha	9	10 8:30 am Jazzercise/ Tammy
11	12 5:45 pm Bod Sculpt/ Samantha	13 5:45 pm Jazzercise/ Laura	14 5:45 pm Jazz Lite/ Jennifer	15 5:45 pm Jazzercise/ Samantha	16	17 8:30 am Jazzercise/ Samantha
18	19 5:45 pm Bod Sculpt/ Samantha	20 5:45 pm Jazzercise/ Laura	21 5:45 pm Jazz Lite/ Jennifer	22 5:45 pm Jazzercise/ Samantha	23	24 8:30 am Jazzercise/ Jennifer
25	26 5:45 pm Bod Sculpt/ Samantha	27 5:45 pm Jazzercise/ Tammy	28 5:45 pm Jazz Lite/ Laura			

Jazzercise-The original dance exercise phenomenon! Each 60-minute class offers a blend of jazz dance and exercise science choreographed to today's hottest music including top 40, jazz, country, funk and classics. Easy-to-follow, fun choreography includes a gentle warm-up, 30-minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale.

Jazzercise Lite-Fitness that's invigorating, not intimidating! This 60-minute class pairs moderate aerobics with exercises designed to improve your strength, balance, and flexibility. whether you're a senior, newcomer, pregnant or otherwise physically restricted you can't go wrong with this popular light version of the original Jazzercise program

Body Sculpting-Sculpted arms, tight abs, and firm, shapely legs are the primary focus of this challenging 50-minute muscle toning workout which features a creative combination of weight training and stretching.